

Concordia University



**Adult Hockey
Conditioning Camp
Sept. 1996**

Building on the excellence of the Stingers varsity hockey program, renowned throughout North America, the Concordia University Department of Recreation and Athletics is offering an intensive pre-season adult hockey camp.

The program includes:

- 1) 5 nights of on-ice training
- 2) Special instruction for goaltenders
- 3) Theory on hockey techniques
- 4) Power skating techniques
- 5) Puck-handling skill training
- 6) Team offence drills
- 7) Emphasis on fair play in competition

Two sessions to choose from

Each session consists of five nights of instruction from 8 to 9:30 p.m. Choose from Session I - Sept. 16, 18, 20, 24 & 26 or Session II - Sept. 17, 19, 23, 25 & 27.

Free sweater

Every participant will receive a free Concordia hockey camp sweater.

Location

Concordia Arena (Loyola Campus)
7200 Sherbrooke St. W., Montreal

Registration

The cost is \$129. The deadline to register is Sept. 13, 1996.

Instructional staff

Yves Beaucage - Head coach Concordia Stingers men's varsity hockey team

Les Lawton - Head coach Concordia Stingers women's varsity hockey team

Rob Boyle - Assistant coach Concordia Stingers men's varsity hockey team

What our alumni have to say

"I never played organized hockey when I was young, so this was a great way to learn and to get in shape."

"I'm more than happy. I'm sure my game will improve. The coaches were great. There was nothing but praise in the locker room for the coaches. Good job."

"If everyone on my intermediate hockey team was as well prepared for the season as I was, we would've done a lot better."

"I developed my skills in a fun manner. Points were well explained. I received some good game tips."

"I would highly recommend this camp for all my friends."

848-3847

For information call Yves Beaucage at 848-3847.

Concordia University Adult Hockey Conditioning Camp – 1996

Please send registration form with a cheque made out to Concordia University or a money order to:
Concordia University, Dept. of Recreation and Athletics, Att: Yves Beaucage, 7141 Sherbrooke St.
W., Montreal, Que., H4B 1R6.

Name _____ Age _____ Telephone _____

Address _____ City _____ Postal Code _____

Pos. _____ Session I (Sept. 16, 18, 20, 24 & 26) _____ Or Session II (Sept. 17, 19, 23, 25 & 27) _____

I hereby authorize the staff of the Concordia University Adult Hockey Conditioning Camp to intervene and provide first aid in case of injury or illness.

Signature _____ Date _____, Montreal